

Preventive measures for **FOOD HANDLERS**

Data provided by the Centers for Disease Control (CDC) indicates

that a leading cause of foodborne illness outbreaks is poor personal hygiene of food service employees.

Common foodborne diseases spread by poor hygiene include

Hepatitis A, Norwalk virus, Shigella, E. coli 0157:H7, Salmonella

typhi and Staphylococcus aureus. These outbreaks can be

prevented by taking the following actions:

Notify your supervisor if you have diarrhea or a communicable illness. **Do not work with food.**

Cover cuts or sores on the hands with bandages to protect food from contamination. Wear a glove over the bandage when working with food. Change gloves as often as handwashing is required. Ideally, employees with cuts and abrasions should be removed from food preparation activities and placed in low-risk activities, such as cleaning detail or working a cash register.

Wash your hands as often as necessary to prevent possible contamination of food. Proper handwashing is the single most important means of preventing the spread of disease. A foodservice worker infected with Hepatitis A can unknowingly pass this disease after inadequate handwashing and for 2 weeks prior any onset of symptoms.

Use tissue paper or clean gloves when handling foods which are ready-to-eat such as salads and sandwiches.

Wear clean clothes. Dirty clothing carries disease-causing microorganisms which can contaminate clean hands. Keep your hair clean and confined. Oily, dirty hair can carry and hold large numbers of disease-causing bacteria.

Kep your fingernails short and trimmed. Ragged nails and long, false nails harbor bacteria and are difficult to keep clean. False nails can break off into food and chipping polish can contaminate a food product.

For more information contact



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